Here are some remarks on the Alice/Bob and premature squeamish ossifrage questions.

The critical document is a thoughtful letter from Richard Schroeppel to Ron dated August 1, 1977. The pdf is attached below. Somewhere in my house, I probably have the original photocopy which, I assume Ron gave me, and to which I apparently added:

file under "Schroeppel

With regard to Alice and Bob:

On the last page of the document, you'll find:

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good symbol for pq, and enter the busine would reserve isolated Adolf and Bertholt or somesuch. This would reserve isolated letters for mathematical quantities.
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I'll add my own recollections. I liked Schroeppel's idea, and so did Ron, but he chose Alice and Bob instead of Adolph and Bertholt. I was sympathetic to not using Adolph and Bertholt, but thought Alice and Bob lacked gravitas partially because those names reminded me of the names of the characters in the children's book "Jack and Jill."

With respect to the squeamish ossifrage question:

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My current estimate of the time required to factor F8 is 10000
hours of computer time (on a KA10). This makes the constant in
my timing formula 2.4 microseconds. Plugging in N=10
time of 50000 years. Of course there are faster computers than
the KA10, perhaps by a factor of 300.
                                      And the technology keeps
getting better. But your number should be safe for many years.
   The estimated time for my method to factor variously sized
numbers on a KA10:00.00
                 50
                                      100
                                                            512
                        -1.5×10
               1.4×101
                                     2.3×10
KA10 time :
                         1.2 yr
                                     180 yr
```

A quick calculation with various estimates shows that about 5000 yr of KA10 time was used by Arjen Lenstra's team to factor the challenge and show us the bird. So, it seems that we should have been more careful and listened to Richard's advice.